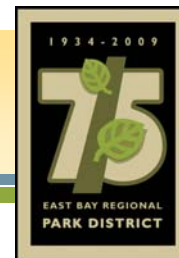


November
December
2009

Outdoor Recreation Programs



BACKPACK: GARIN PARK ㊤ ㊦ ㊧

Joe Stack

Overnight backpack adventure teaches comfort in cool weather. Enjoy green hills and misty valleys hiking CSEB to Garin Historical Park. Learn survival techniques setting up tarps and building a brush shelter. Enjoy great backpack recipes and campfire cookery. Rain or shine we will dine! Food provided. Loaner gear available. (14+yrs).

Garin Regional Park

10am, Sat, Dec 5 to 11am, Sun, Dec 6

#22827

Fee \$78 (non-res. \$86)



FLOAT TUBE FISHING! ㊤ ㊦ ㊧

Jeremy Saito/Mike Hawley

This course designed for the intermediate to advanced angler will introduce the sport of float tube fishing. Beginners also welcome! Participants will be given on-land instruction on float-tubing gear and techniques, followed by instructor guided fishing on the lake. Gear provided. 16+ yrs. (16-17 PPR)

Del Valle Regional Park

7-10:30am, Sat, Dec 5 #22825

Fee: \$29 (non-res. \$33)

INTRO TO FLY-FISHING-Fish 1st! ㊤ ㊦

Fish First!

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two 1/2 hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more.

Tilden, Lake Anza

10am-4pm, Sun, Nov 15 #22262

Fee: \$60 (non-res. \$66)

FISHING – TROUT BASICS ㊤ ㊦ ㊧

Mike Hawley

Learn the basics of trout fishing including rigging, casting, ecology and conservation, fish behavior. This course is geared towards those who have experience fishing but want to gain additional knowledge specifically about trout fishing. Gear provided. 5+ yrs (PPR 5-15 yrs). Valid CA fishing license required for ages 16+.

Shadow Cliffs Recreation Area

7-9am, Sat, Nov 7 #22824

Fee: \$19 (non-res. \$21)

Wilderness Skills

BASIC LAND NAVIGATION ㊤ ㊦ ㊧

Susan Labiste

Hit the trails without fear of getting lost. Learn the basics of map and compass reading, & triangulation for on-trail navigation. We'll try our newly learned skills on the trail in a hike with moderate elevation gain. Compasses and maps will be provided. 14+yrs.

10am-2pm, Sun, Nov 15 #22716, Sunol

Fee: \$17 (non-res. \$19)

SURVIVAL ESSENTIALS ㊤ ㊦ ㊧

Susan Labiste

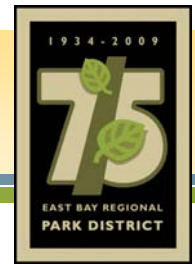
Thinking of traveling to desolate locations? This introductory workshop will prepare you for your adventure; teaching you basic principles and methods of wilderness survival. Topics covered will include assembling survival kits, shelter building, fire starting techniques, emergency signaling, water purification, and more! 14+yrs.

10am-2pm, Sun, Dec 13 #22719, Lk Chabot

Fee: \$18 (non-res. \$20)

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org



DISCOVER KAYAKING

Current Adventures

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)

Quarry Lakes

11am-3:30pm, Sat, Nov 14 #21930

Fee: \$65 (non-res. \$72)

KAYAKING FOR FOLKS 50+

Current Adventures

New!

Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the lake in a single kayak (double kayaks available upon requests). 50+yrs.

Lake Chabot

11am-2pm, Sat, Nov 21 #21935

Fee: \$60 50-61yrs/\$55 62+yrs (non-res. \$66/\$61)



PET FIRST AID/CPR

Peter Pay

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program concentrates on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate available for purchase during class. 12+yrs.

Nike Classroom, Lake Chabot

9am-1pm, Sat, Dec 12 #22704

Fee: \$45 (non-res. \$51)

Free!



KIDS CHALLENGE

The all new 2009 Kids Challenge guidebook to the Regional Parks is filled with 15 fun activities for kids ages 7 and under. All participants will receive a special prize, and those complete the Kids Challenge of trying 5 activities will receive a colorful commemorative patch and Frisbee! (1 per child, while supplies last). The Kids Challenge is completely self-paced. Some activities require parent participation and/or additional fees. Course Code: 20220. Reg. Required: 1-888-EBPARKS (1-888-327-2757) option 2, 3

Accommodations will be made for visitors with disabilities upon advance request. For assistance call (510) 530-8241

-  Online Registration
-  Parking Fee applies
-  Disabled accessible

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org